



DEVELOPMENT OF A STRATEGY FOR THE PROGRESS OF SPORTS WRESTLING IN BULGARIA

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ABSTRACT

Looking at the rankings of the European Championships, World Championships and Olympic Games of Bulgarian wrestlers in recent years, we find that they are greatly reduced compared to the performances before 1991. Purpose: analyzing these facts we found a lack of strategic thinking and planning. We set a goal to develop a strategy for the progress of wrestling in the Republic of Bulgaria. Methods: literature research, document analysis, theoretical and logical analysis. Results: the development of a strategy implies thinking in perspective at least 30 years ahead in time. The program formed in this way is only a prerequisite for the development of sport, as there are many conventions that would affect its effectiveness. Discussion: the development of sport in general and wrestling in particular is impossible without strategic planning and the resulting requirements. The implementation of activities under this strategy requires support and long-term commitment from the country. Conclusion: the presented program includes many activities in different directions. The ultimate goal, namely to restore the positions of the Bulgarian struggle on the world carpet, requires solving all specific tasks.

Key words: wrestling, strategy, program

INTRODUCTION

Looking at the rankings from the European championships (EC), World championships (WC) and Olympic Games (OG) of Bulgarian wrestlers in recent years, we find the fact that they are greatly reduced compared to the performances before 1991 (Figure 1). The claims that Wrestling is the most Bulgarian sport supported by the rankings worldwide sounds good, but unfortunately, it is increasingly becoming history. The perceived force of the Bulgarian school has lost not only its positions, but also its appearance and characteristics. The technical struggle considered to be a patent, combined with perfectly developed physical qualities, remains further and further away from

the performance of the Bulgarian athletes at the European Championships, the World Championships and the Olympic Games.

The fact that at the Olympics in Tokyo the Bulgarian wrestling will be represented by one male freestyle wrestler, two in the greco-roman style and four women will be eloquent and the rankings are in descending order (Figure 2), unlike the school operating in the countries of the former USSR (1).

A characteristic feature of any school is strategic thinking and planning. The strategy leads the army to the battlefield, and there the tactics are already underway (2). Strategy - there are many different definitions, but we believe that the following is appropriate in this case: "The strategy is a detailed, comprehensive and comprehensive plan that is designed to ensure the implementation of the mission of the organization to achieve its goals" (3). It includes

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organizational actions and management approaches used to achieve the organizational tasks and goals of the organization. In the specialized sports literature for the first time the problem of wrestling strategy is elaborated in detail by Prof. R. Petrov, who defines it as follows: "...a complex dynamic system of management and regulation of the development of sports, the training of wrestlers and the management of competitive wrestling "(4). According to Prof. Petrov, it is divided into general, preparatory and operational, which is largely intertwined with tactics (5). In this paper, we will focus on the general strategy. She deals with the overall development of this sport. This system collects, stores and processes information for programming, optimal management and regulation of the development of combat and the

development of so. sportsmanship as a higher goal. Historically, the Bulgarian School of Wrestling is a product of a well-thought-out and working general strategy with a leading role of the state. In turn, it includes many subsystems. The change in the socio-political life in Bulgaria after 1989 led to a serious collapse in the field of sports, in general and in wrestling in particular. Analyzes of the system of sports training in wrestling show that the system does not work (6). Many of the sub-systems do not work effectively, but there is no way to copy and implement a successfully working system under completely different conditions. Analyzing these facts, we found a lack of strategic thinking and planning.

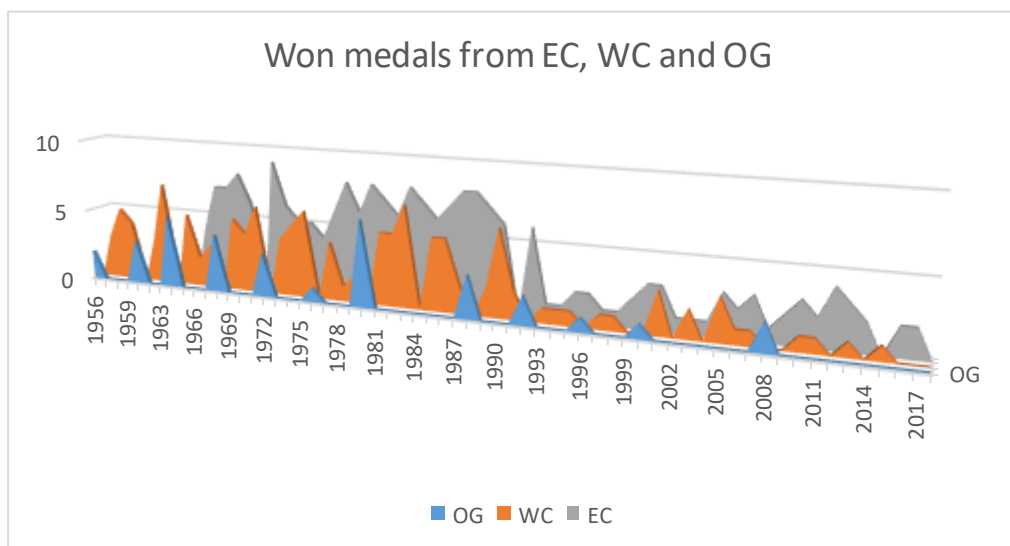


Figure 1. Performances of Bulgarian wrestlers over the years

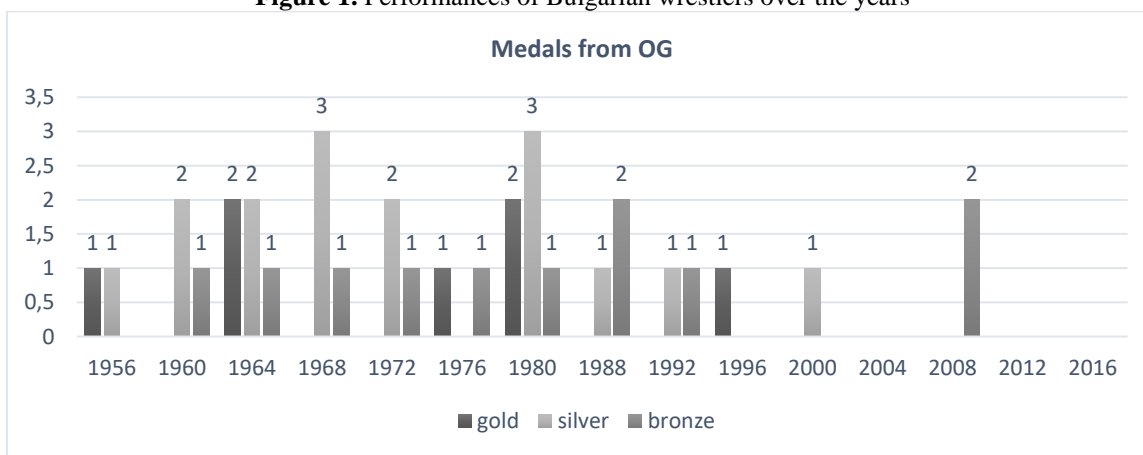


Figure 2. Medals won by Bulgarian wrestlers from the Olympics

Hypothesis - after a thorough review of the current picture and comparison with the successful past of the sport - Wrestling, we consider it appropriate to prepare adequate to modern realities general strategy for development in the Republic of Bulgaria.

PURPOSE

Creating conditions for the development of sport wrestling with a long-term perspective. Strategic planning is characterized by looking ahead in at least twenty years. There are requirements for clarity in state policy regarding sports, but we cannot influence at such a high level. In this sense, we will try to build our conceptual strategy based on organizational actions and management approaches solving operational tasks with the idea of full realization of the mission - revival of the Bulgarian school of wrestling.

METHODS

In the course of the present study we used the following methods: literature research, document analysis, theoretical and logical analysis.

RESULTS

Example strategy for the progress of wrestling in Bulgaria. Long-term goal - the restoration of the Bulgarian wrestling school.

A school in a given sport can be spoken of in the presence of lasting results at a high level on an international scale, accompanied by the respective original and characteristic structural and methodological characteristics creating its own and unique appearance of the products of this school (7). In order to achieve the general goal, it is necessary to formulate small sub-goals and solve them step by step.

One of the main strategic sub-systems is the massification of sports. The theory of sports has long proven the fact that high sportsmanship is only the top of the pyramid, and the basis is the mass practice of the sport. To solve this task it is necessary to create a working system for recruiting talented athletes supporting the development of high sportsmanship. To achieve this goal, we offer the following operational solutions.

Establishment of wrestling centers in small settlements. There are still former wrestlers working in many settlements in Bulgaria working outside the sports system. To focus efforts on the BWF (Bulgarian wrestling federation) to engage these people to find children and conduct systematic training sessions. To resolve the issue with the base for these mini centers, we offer the following:

Meetings of responsible and authoritative representatives of the BWF with the local authorities in order to provide support at the local level. Ensuring the use of a physical education salon in a school in the respective settlement, free of charge outside school hours. Provision of carpets by the BWF for free use by these mini centers. Allocation of funds from the budget of the respective municipality to support the activities of the center. Provision of funds from the BWF for the provision of sports and pedagogical staff in the center. Ensuring access of coaching staff to students in schools. Requirements for the activity of these mini centers - participation with at least ten athletes in two age groups of the state championships.

Establishment of structures managing and controlling these centers. The activity of these structures will be controlled by representatives of the BWF and the local government with full transparency and publicity of the activities and financing. The mini-centers will be managed and controlled by proven wrestling specialists appointed by the BWF on a voluntary basis for the respective field. They take responsibility for the control of the activities in the mini-centers, for the continuing training of the sports-pedagogical staff, as well as for the annual control tests for covering the respective degrees according to the updated URSC (unified republican sports classification). The introduction of URSC is not an end in itself; it will control the development of athletes, but will also be used as an incentive for adolescents. By achieving a higher level, practitioners will be motivated to further improve, thus engaging in wrestling activities and their peers.

Another important sub-system is pedagogical staff. Providing highly qualified local coaches, continuing training and development is essential

to achieve the main strategic goal. Even under the best material and technical conditions, the human factor remains leading. In this line of thought, the main commitment for quality training of coaching staff is NSA "Vasil Levski". The recognition of NSA education worldwide is in itself eloquent about the quality of education. Subsequently, the continuing education and training will be provided by the BWF and the NSA through joint organization of seminars and additional courses. Conducting quarterly seminars by district with the participation of district officials, leading coaches, methodologists in order to continue training and adjust and enrich the technical and tactical training and work in line with the unified program. In these seminars, along with the training, the competencies of the coaches will be controlled. Conducting quarterly seminars by districts with the participation of district officials, head trainers, methodologists in order to continue training and adjust and enrich the technical and tactical training and work in sync with the unified program

On the other hand, in order for the coaches to work well, they should be financially secured. This will be done through the joint activities of Ministry of Physical Education and Sports, BWF and local government.

At a higher level in the big clubs and national teams will be introduced the appointment of sports and pedagogical staff on a competitive basis. Correct and updated documentation on planning and reporting of the activities on the training process will be introduced. Individual files of the competitors will be introduced, which will follow their development over the years. They will also reflect their achievements in meeting the relevant standards for different sports.

It is extremely important to develop, adopt by the BWF and put into operation a "Unified program for education and training in wrestling", thus the development of successful athletes in the future can be programmed. Based on this, there will be an opportunity to impose constant control over the training system.

The sports clubs themselves are also important under the system. They administer at a lower level the development of the struggle in the country. The main goal for them is to provide wrestlers who have reached a certain level of development. To stay in the sport in the critical range between 18 and 23 years, it is necessary to provide promising athletes with security, material security and opportunities for continuous improvement and participation in a certain minimum of international competitions per year. National garnishes - the need for adequacy of work, methodological support and control of activities. The national selectors themselves will have the right to choose their own staffs, they will be given time and opportunity to develop the program with which they won the position, while at the same time they will be fully responsible for the results achieved. The issue of importing foreign competitors also remains open. Rules will be built obliging the so-called mercenaries to participate in the training activities in a certain way. The selection of promising competitors will be subject to clear criteria with minimal subjectivity. In structural terms, material incentives will be subject to a rotational principle based on real sports results. The goal is to create competition in each weight category of at least four high-level athletes in the ages - cadets, juniors and men.

Providing a larger number of competitions for all age groups will be done by children, boys, cadets, adolescents, men. There will be organized team meetings with exchanged visits in two half-seasons.

Medical and psychological provision of the overall training will be introduced.

Updating the methodology of preparation in all directions.

The BWF will organize annual seminars for exchange of experience and continuing education. Each system has no chance to work fully without control. Imposition of constant control over the implementation of the activities under the unified program, unification of the documentation: planning, actually fulfilled parameters, reporting. Commissions will be established for local

control, coverage of standards: physical, technical to obtain a discharge in accordance with the URSK.

In order for the production of the training system created in this way to be competitive, a really active group of specialists will be created, monitoring and analyzing the tendencies in the development of the struggle in the world. Timely and regular information will be provided to all coaches in the country about all the news in the world of wrestling.

The development of a strategy implies solving tasks ensuring the successful operation of all sub-systems. The program presented in this way is not complete at all and is only a prerequisite for the development of sport, as there are many conditions that would affect its effectiveness.

DISCUSSION

THE DEVELOPMENT of sport in general and wrestling in particular is impossible without strategic planning and the resulting requirements. The implementation of activities under this strategy requires support and long-term commitment from the state, the BWF in its role as an organization administering this sport, as well as active and conscious work of all implementing activities in the overall system of sports training.

CONCLUSION

The presented program includes many activities in different directions. The ultimate goal, namely

the restoration of the positions of the Bulgarian struggle on the world carpet, requires the solution of all specific tasks. This conceptual program, built more on operational decisions, could be the basis for a detailed and complete development of a comprehensive strategy for the development of the struggle in Bulgaria.

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